

PROGRESS TEST PAPER—No. 4

If you have made a careful study of your Spiritual Breathings and Lessons 7 and 8, you are prepared to answer the following questions.

Student No. 82665

BREATHINGS:

- (1). What does Correct Breathing do for the INTERNAL ORGANS? Exercise them
- (2). What do occultists say is THE SUBSTANCE FROM WHICH ALL LIFE IS DERIVED? Prana
- (3). As a student what must you TRY TO VISUALIZE? Prana is everywhere

DOCUMENTARY LESSONS:

- (1). Of what should you gain AN IMPERISHABLE IDEA? Imperishable health
- (2). What is it that FLOODS YOU FROM HEAD TO FOOT? The true me.
- (3). What is A PRINCIPLE IN NATURE? I am health.
- (4). What does DING LE MEI wish in your studies? Embeddedness
- (5). Of what is this Lesson the SECOND PART? Follow Instructions
- (6). What is the SOUND OF THE UNIVERSE? Right Understanding
- (7). What is the EVERLASTING TRIANGLE OF LIFE? Om
joy, gratitude, reverence.

GENERAL:

- (1). Have you conscientiously followed all instructions? yes
- (2). Are you genuinely interested in scientifically building your Body? yes
- (3). Do you feel that you are succeeding in doing so? yes
- (4). Are you mastering the art of Meditation so that you are able more easily to enter into an abstraction? yes

James A. Theban
Signature of Student

318 E 34 Street
Address New York 46/ny

NOTE: This Record will be used for grading your standing. Be Steadfast! Be Sincere!

SPECIAL NOTE FROM DING LE MEI

You may, if you wish, when corresponding with me in the future, address me as DING LE MEI, which is my Oriental name.

You have now progressed to the point where you should have information as to your Chemical Type. I suggest, therefore, that you acquire a copy of the "GUIDE TO YOUR CHEMICAL TYPE." (Donation \$1.00.) When you have determined your Type from the "Guide," advise me immediately, accompanying your letter with a full length snap-shot photograph of yourself, if possible, so that I may, so far as I can from your photograph, verify your decision and correct it, if needed. I counsel you to be zealous in your work. Return your Test Papers promptly. I cannot impress upon you too frequently that the greatest benefit can come to you only in proportion to your co-operation.

Bear in mind that I desire to be a REAL TEACHER to you, giving you the same attention as that received daily by the members of my personally conducted classes here in Los Angeles.

This can be done, however, only if you will co-operate with me to the fullest extent of your ability. I promise my closest attention at all times.

With my Highest Thought, always, believe me to be, sincerely your Teacher and Friend.

DING LE MEI.

DING LE MEI (Edwin J. Dingle), Preceptor Emeritus
The Institute of Mentalphysics—213 South Hobart Blvd.
Los Angeles, California, U.S.A.

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Student No. 82665

BREATHINGS:

- (1). What does Correct Breathing do for the INTERNAL ORGANS? Exercises
stem
- (2). What do occultists say is THE SUBSTANCE FROM WHICH ALL LIFE IS DERIVED? Prana

- (3). As a student what must you TRY TO VISUALIZE? Prana is everywhere

DOCUMENTARY LESSONS:

- (1). Of what should you gain AN IMPERISHABLE IDEA? Imperishable health
The true me.
- (2). What is it that FLOODS YOU FROM HEAD TO FOOT? I am health.
- (3). What is A PRINCIPLE IN NATURE? Embodiment
- (4). What does DING LE MEI wish in your studies? Follow Instructions
- (5). Of what is this Lesson the SECOND PART? Right Understanding
- (6). What is the SOUND OF THE UNIVERSE? Om
- (7). What is the EVERLASTING TRIANGLE OF LIFE? Love, Gratitude, Reverence

GENERAL:

- (1). Have you conscientiously followed all instructions? yes
- (2). Are you genuinely interested in scientifically building your Body? yes
- (3). Do you feel that you are succeeding in doing so? yes
- (4). Are you mastering the art of Meditation so that you are able more easily to enter into an abstraction? yes

James A. Delan
Signature of Student

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Address New York 46 NY

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DING LE MEI.

"BETTER THINE OWN WORK IS, THOUGH DONE WITH
FAULT, THAN DOING OTHER'S WORK, EV'N EXCELLENTLY."
—FROM THE BHAGAVAD-GITA.

TO THE STUDENT—Regarding inquiries:
When I was in my Temple over in Tibet, I often
went to my old Master to ask him a question.
His answer seldom varied: "GO—AND FIND
OUT!" It took me some time to realize that he
was teaching me to do my own thinking . . . I
pass the suggestion along to you—not that I wish
to discourage you from asking pertinent ques-
tions concerning anything in these Teachings
that may seem obscure. On the contrary, I want
to see you take a lively interest in these Lessons.
So make this your rule: Before asking any
question, try to see if YOU are able to solve the
problem in Meditation—many Students ask
questions and answer them in the same sentence.

"WHEN THY FIRM SOUL
HATH SHAKEN OFF THOSE TANGLED ORACLES
WHICH IGNORANTLY GUIDE, *then shall it soar*
To high neglect of what's denied or said,
This way or that way, in doctrinal writ.
TROUBLED NO LONGER BY THE PRIESTLY LORE,
SAFE SHALL IT LIVE, AND SURE; STEADFASTLY BENT
ON MEDITATION."—FROM THE BHAGAVAD-GITA.

DING LE MEI (Edwin J. Dingle), Preceptor Emeritus
The Institute of Mentalphysics—213 South Hobart Blvd.
Los Angeles, California, U.S.A.

PROGRESS TEST PAPER—No. 5

If you have made a careful study of your Spiritual Breathings and Lessons 9 and 10, you are prepared to answer the following questions.

Student No. 82655

BREATHINGS:

- (1). Name in two words the meaning of PRANA Absolute energy
- (2). What is it that uses PRANA as energy? the soul
- (3). In what forms does the SOUL use this energy? all forms

DOCUMENTARY LESSONS:

- (1). What are we advised to DISCARD? Race belief
- (2). Through what course do YOU DISCOVER that YOU are WHATEVER THE CREATIVE SPIRIT IS? Intuitively meditation
- (3). In what three ways do we know that the Creative Spirit is ALL-PERVADING? Knowing, knowing Substance = Substance, Power, Wisdom
- (4). In the process of building Man how long does CREATION go on? all the time until death
- (5). What do you go through on your way to RIGHT UNDERSTANDING?
- (6). What is the next step to RIGHT UNDERSTANDING? Right Revolution
- (7). Before what POWER should you stand in REVERENCE? Your Bodhi

GENERAL:

- (1). Are you improving in your Breathings? yes
- (2). Do you see the importance of always having your nostrils clear? yes
- (3). Do you watch your posture during the day? yes
- (4). What is your principal physical weakness, if any? none

Signature of Student

Address

NOTE: This Record will be used for grading your standing. Be Steadfast! Be Sincere!

SPECIAL NOTE FROM DING LE MEI

- (a) When a student places his faith in me to teach him, I desire to be a REAL Teacher, and for that reason I occasionally require you to repeat lessons, or portions thereof, that you have previously studied.
- (b) Re-read the Cleansing Regime. You will note that the purpose of this Ten-Day Regime is to introduce you to your Chemical Type, a most important phase in MENTALPHYSICS. If you have not already acquired the Guide I again advise you to apply to the Special Instruction Department for a copy of the GUIDE TO YOUR CHEMICAL TYPE. (Donation \$1.00.)
- (c) In the event you are genuinely interested in scientifically building your body, the Temple, I advise you at the same time to get INFORMATION ON DIET. (Donation \$1.00.) With these two special publications you should be well equipped to know precisely how to FUEL your body, which after all is a great secret of success. Indeed, I personally regard the body as the vital machine of LIFE ITSELF!
- (d) If you have received these publications, refer to them again and determine which is your Chemical Type, and if you have not already advised me of your decision, send me, if possible, a full length picture of yourself, and a description as to color of hair and eyes, height, weight, etc., to help me determine your type for you.
- (e) From this point I will give you as much special attention as needed to assist you in your work—but you must co-operate with me.
- (f) You are, of course, under no obligation to acquire these publications. You are only obligated to yourself to get the most out of your study and practice as is within your ability to receive.
- (g) As you come to the conclusion of this note, feel great waves of LIGHT—LOVE—HEALTH—YOUTH—JOY—and PEACE flowing to you from me, your Teacher, with this INSTITUTE as the channel.

DING LE MEI.